You can help prevent suicide and depression.

Depression is a social problem.

Suicide is sometimes the end result of depression – when there feels like there is no help for the problems

“…38,364” suicides occurred in 2010 – “105.1 suicides per day”

“Depression can lead to co-morbid (occurring at the same time) mental disorders such as alcohol and substance abuse, higher rates of recurrent episodes and higher rates of suicide” ~ American Association of Suicidology

Knowing the signs may save a life

Common symptoms of depression:

Depressed mood

Lack of interest in previously enjoyable activities

Significant weight loss or gain, decrease or increase in appetite

Insomnia or hypersomnia

Agitation, restlessness, irritability

Fatigue or loss of energy

Feelings of worthlessness, hopelessness, guilt

Inability to think or concentrate, or indecisiveness

Recurrent thoughts of death, recurrent suicidal ideation, suicide attempt or plan for completing suicide

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis is temporary, but death is not.

Suicide is preventable.

If you see symptoms – speak up, offer help

Talk to someone – you are not alone

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Anonymous